Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

About Your Chemotherapy Treatment for Lymphoma

This resource explains what you should know when you start chemotherapy (chemo) treatment for lymphoma at MSK. It explains when to call your healthcare provider and what to avoid during your treatment.

Your nurse will give you information about your chemotherapy treatment. This includes what medicine you'll get, and the side effects you may have during your treatment. Read *Managing Your Chemotherapy Side Effects* (www.mskcc.org/pe/managing-chemo-side-effects) to learn more.

What to avoid during chemotherapy

Getting certain vaccines

There are some vaccines that you shouldn't get during your treatment, such as live vaccines. But there are others that your healthcare provider will recommend you get, such as the influenza (flu) or Pneumovax® (pneumonia) vaccines. If you need to get a vaccine, you should get it before you start chemotherapy.

Talk with your healthcare provider first if:

- You want to get the COVID-19 vaccine.
- You know someone who recently got a live vaccine (such as rotavirus or chicken pox). Ask your healthcare provider if it's okay for you to be near this person.

Taking certain medicines, vitamins, and supplements

- Avoid aspirin, medicine that has aspirin, and nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil® or Motrin®) and naproxen (Aleve®). Read *How To Check if a Medicine or Supplement Has Aspirin, Other NSAIDs, Vitamin E, or Fish Oil* (www.mskcc.org/pe/check-med-supplement) to learn more.
- Avoid over-the-counter medicine (medicine you buy without a prescription) unless your healthcare provider says it's okay.
- Avoid certain vitamins and supplements. Some vitamins and supplements may affect your treatment. Talk with your healthcare provider about any vitamins or supplements you're taking.

Other things to avoid during chemotherapy

- Being near someone who has an infection or had an infection recently.
- Getting dental work that you don't need, unless your healthcare provider says it's okay. This includes routine cleanings.
- Using any of the following:
  - Enemas (liquid put into your anus to cause a bowel movement).
  - Suppositories (medication that's inserted through your anus).
  - Rectal thermometers.
- Getting pregnant or getting your partner pregnant. Read *Sex and Your Cancer Treatment* (www.mskcc.org/pe/sex-cancer-treatment) to learn more.
- Sunbathing. If you need to be in the sun, use a sunscreen with an SPF of 30 or higher. Wear long-sleeved shirts, hats with wide brims, and scarves. Stay in the shade as much as possible.
- Getting your nails done (manicures and pedicures).
- Going in hot tubs.
- Long distance travel. If you must travel, talk with your healthcare provider

first.

When to call your healthcare provider

- Call your healthcare provider if you have any of the following:
- A fever of 100.4° F (38° C) or higher.
- Signs of infection, such as:
  - Diarrhea (loose or watery poop).
  - Needing to urinate (pee) more often than usual.
  - Burning during urination (peeing).
  - Red, swollen, or tender area(s) on your skin or on your arms or legs.
  - Flu-like symptoms, such as:
    - Chills
    - Muscle or body aches
    - Headaches
    - Cough, sore throat, or runny nose
    - Vomiting (throwing up)
    - Fatigue (feeling more tired and weak than usual)
- Signs of bleeding, such as:
  - Black stool (poop) or blood in your stool
  - Bruising
  - Faint red rash
  - Bleeding from your nose
- You haven’t had a bowel movement (poop) in 2 days.
- You’re unable to tolerate eating or drinking.
- You have any new or worsening pain.
- You have problems with your teeth or mouth.

Contact information

If you have any questions or concerns, contact your care team. You can reach them Monday through Friday from 9 a.m. to 5 p.m.

Use the space below to write down their name and phone number:

Doctor: _____
Phone number: _____

Advanced Practice Provider (APP): _____
Phone number: _____

Nurse: _____
Phone number: _____

Office Coordinator: _____
Phone number: _____

If you need to reach a healthcare provider after 5 p.m., during the weekend, or on a holiday, call 212-639-7900. This phone number is for the After-Hours Telephone Triage (AHTT) call center. The AHTT is for MSK patients who have urgent symptoms related to their cancer care. For more information, read the resource *About After-Hours Telephone Triage at MSK* (www.mskcc.org/pe/after-hours-triage).

For more resources, visit www.mskcc.org/pe to search our virtual library.

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